Power Blender

CBT700U

ON/OFF
HIGH
SMOOTHIE
ICE CRUSH
LOW
PULSE
SOUPS & SAUCES
PUREE
1750
1500
1250
1000
750
500

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Congratulations on your purchase of the Cuisinart Power Blender.

For over 30 years Cuisinart's aim has been to produce the very finest kitchen equipment so that cooks at home as well as professional chefs have the tools to express their creativity.

All Cuisinart products are engineered for exceptionally long life, and designed to be easy to use as well as to give excellent performance day after day. That is why they have come to be regarded as the defining machines in their field by chefs across the world.

To learn more about new products we are launching, register for our free Cuisinart newsletter, simply visit our website www.cuisinart.co.uk and refer to the club section.

Whatever you cook, cook it better with Cuisinart.

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Product Description

Lid with removable measuring cap

1.75L toughened glass jar

Heavy duty stainless steel blade

Locking collar

Digital count up timer

Non-slip rubber feet

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Safety Cautions

Always follow these safety cautions when using this appliance to avoid personal injury or damage to the appliance. This appliance should be used only as described within this instruction book.

- Ensure all packaging materials and any promotional labels or stickers are removed from the blender before first use.
- Always inspect the appliance before use for noticeable signs of damage. Do not use if damaged, or if the appliance has been dropped. In the event of damage, or if the appliance develops a fault, contact the Cuisinart Customer Care Line (see "UK After Sales Service" section).
- Do not use this appliance if the lead is damaged. In the event of lead damage discontinue use immediately. If the lead is damaged it must be replaced with a special lead available from the manufacturer or its service agent (see "UK After Sales Service" section).
- Unplug from the mains when not in use and before cleaning. To disconnect, press 'ON/OFF' switch, and then remove the plug from the mains.
- Remove the glass jar from the appliance before emptying the contents.

■ **WARNING:** Never put your fingers inside the glass jar and never touch the blades when the appliance is plugged in.

- Avoid contact with moving parts.
- Always ensure that the blade has stopped turning before removing the lid from the glass jar.
- When blending hot liquids, remove measuring cap to allow steam to escape.
- This appliance should not be used by adults or children whose lack of experience, product knowledge or disability might cause a hazard, unless they have been correctly instructed and are adequately supervised.
- Children should always be supervised to ensure that they do not play with this product.
- Do not use any accessories or attachments with this appliance other than those recommended by Cuisinart.

- To protect against fire, electric shock or personal injury, do not immerse cord, plug or unit in water or other liquids.
- Do not leave the lead hanging over the edge of a kitchen table or worktop. Avoid contact between the lead and hot surfaces.
- For indoor use only.
- For domestic use only.
- This appliance should be used only for preparation of drinks / food as described within the instructions for use that accompany it. Please retain these instructions for future reference.
- Always ensure that your hands are dry before removing the plug from the mains outlet. Never pull the plug out of the mains outlet by its lead.
- To avoid injury or possible fire, do not cover the appliance when in use.
- Do not connect this appliance to an external timer or remote control system.
- This appliance complies with the basic requirements of Directives 04/108/EEC (Electromagnetic Compatibility) and 06/95/EEC (Safety of domestic electrical appliances).
- **WARNING:** A cut off plug inserted into a 13 amp socket is a serious safety hazard. Ensure the cut off plug is disposed of safely.
- **WARNING:** Polythene bags over the product or packaging may be dangerous. To avoid danger of suffocation, keep away from babies and children. These bags are not toys.

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The symbol [redacted] on the product or on its packaging indicates that this product may not be treated as household waste. Instead it should be handed over to the applicable collection point for the recycling of electrical and electronic equipment.

By ensuring this product is disposed of correctly, you will help prevent potential negative consequences for the environment and human health, which could otherwise be caused by inappropriate waste handling of this product. For more detailed information about the recycling of this product, please contact your local council office or your household waste disposal service.

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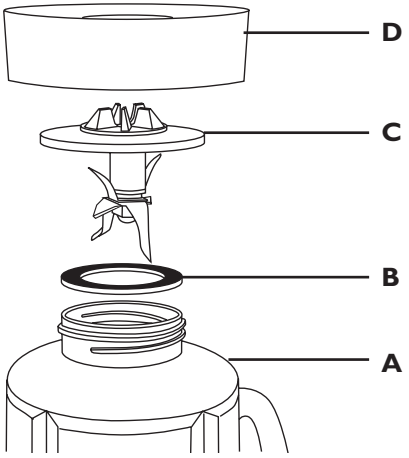
Instructions for Use



A Fitting the Jar & Blade Assembly

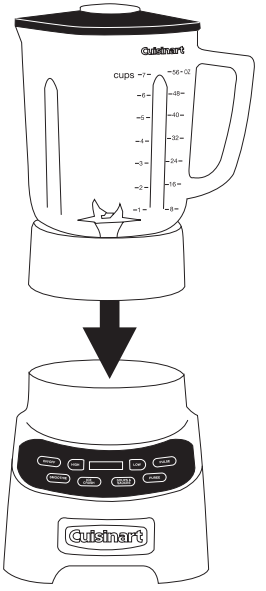
- Turn the glass jar (A) upside down, and place on a flat, dry, sturdy surface.
- Position the rubber seal (B) on the round opening on the bottom of the glass jar.
- Turn the blade assembly (C) upside down, and place the blade end in the glass jar opening.
  TAKE EXTRA CARE WHEN HANDLING BLADES AS THEY ARE VERY SHARP.
- Secure the rubber seal and blade assembly into position by placing the smaller opening of the locking collar (D) on top of the blade assembly. To lock the glass jar into place, twist the locking collar in a clockwise direction until it will go no further and is secured into place.

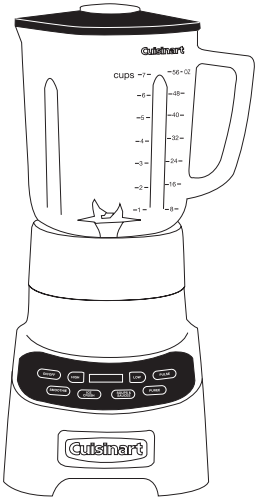
N.B. The locking collar is fitted with safety interlock switches, which prevent the appliance from working if the jar unit is not fitted correctly. The appliance will not work unless the locking collar is securely fitted on to the glass jar. Once assembled turn the assembled jar unit right side up.

■ Fit the lid and cap.

N.B. The lid should always be in place while the unit is switched on.

■ Place the housing base on a flat, dry, sturdy surface and position the complete jar unit on the motor housing so that the jar markings are facing you and the handle is positioned to one side.





■ Take care when placing the jar unit on the housing base as incorrect positions may damage the interlock switches.

■ Plug the appliance into a suitable mains outlet and switch on. Your blender is now ready to use.

B Removing the Jar & Blade Assembly

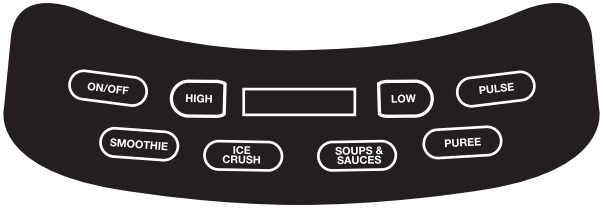
- Switch the appliance off and unplug from the mains outlet.
- Lift the complete jar unit up and away from the housing base.

N.B. Never twist the lock collar from the jar unit when removing it from the housing. Lift the whole jar unit directly upwards.

- Remove the lid and carefully pour out the contents of the glass jar.
- Turn the jar unit upside down and place on a flat, sturdy surface. Twist the locking collar in an anticlockwise direction to loosen and lift away from the glass jar.
- Carefully remove the blade assembly by holding the edges of the plastic disc and lift up, away from the jar unit.
- Finally remove the rubber seal.

N.B. Take care not to lose this part as the glass jar will not seal correctly without it.

C Control Panels



High/Low Speed Setting

- Press the 'ON/OFF' button, a flashing light will illuminate to indicate the appliance is in 'standby' mode.
- Select the desired speed High or Low and press once to activate. The corresponding red light will illuminate whilst the blender is in operation. Once blending has started, the count-up timer will also be activated and the time will be shown in the digital display window.

N.B. The count-up displays up to 1 minute usage.

You may switch between speeds whilst the blender is in operation. Simply press the desired speed button.

- To pause blending simply press the speed button you are currently using once. The timer will also be paused and will re-start once you press the speed button again.
- To stop the blender, push the 'ON/OFF' button. The timer will stop counting and the LCD display will reset to 0:00. When the blender is turned back on and a speed button is pushed, the timer will begin to count from 0:00. Press the 'ON/OFF' button once. The flashing light next to the 'ON/OFF' button will turn off indicating that the appliance has been switched off.

N.B. If at any point the jar assembly unit is removed from the housing base, the appliance will switch off and timer will re-start from 0.00.

Pulse

The pulse mode allows you to create a burst of power for quick, efficient blending.

- To use the pulse function, push the 'ON/OFF' button and the corresponding red light will illuminate to indicate the appliance is in 'stand-by' mode. Push the 'Pulse' button, and the 'Pulse' light will flash to indicate that the function has been activated.
- Push and release the desired speed button and repeat as desired.

N.B. The timer will count when you push or hold down the 'Pulse' button. The timer will pause when you release the 'Pulse' button.

- Pulses should be used in short bursts. Pause the blending long enough so the blades stop rotating between pulses.
- The pulse function can be used to break apart larger pieces of food or to control the texture of food. The pulse function is also effective in starting the blending process when you do not want continuous power or when processing items that do not require an extended amount of blending.

Ice Crush

This is a preset programme for automatically crushing ice.

- The 700W motor is strong enough to crush ice without liquid at any speed, however for your convenience, we have preset the best speed for ice crushing.
- To crush ice, press the 'ON/OFF' button. The corresponding light will illuminate to indicate the appliance is in 'stand-by' mode. Press the 'Ice Crush' button, a pre-programmed cycle will begin. It is designed to run for two 30 second cycles and will automatically stop at that point and an audible chime will sound.
- To start another cycle, press the 'Ice Crush' button again. To interrupt the programme, press 'Ice Crush' and the unit will pause, reverting to 'stand-by'. To continue, press 'Ice Crush' again. To stop cycle, move to another setting or press 'ON/OFF'.

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Smoothie

This is a preset programme for automatically preparing the perfect smoothie.

- To use the smoothie function, press the ON/OFF button. The corresponding red LED indicator will flash to indicate the appliance is in 'stand-by' mode.
- Press the 'Smoothie' button and a 30 second count up programme will begin.
- If it isn't smooth enough for your liking, once the cycle stops, return to 'stand-by' mode and press the 'Smoothie' button again to start a new cycle. An audible chime will sound at the end of the cycle. You may stop the programme at any time by pressing the 'Smoothie' button again or by pressing the ON/OFF button.

Soups & Sauces

- To use the soups and sauces function, press the ON/OFF button. The corresponding red LED indicator will flash to indicate the appliance is in 'stand-by' mode.
- Press the 'Soups & Sauces' button and the corresponding red light will illuminate whilst the blender is in operation. Once the Soups & Sauces function has started, the count-up timer will also be activated and the time will be shown in the digital display window.

Purée

- To use the Purée function, press the ON/OFF button. The corresponding red LED indicator will flash to indicate the appliance is in 'stand-by' mode.
- Press the 'Purée' button and the corresponding red light will illuminate whilst the blender is in operation. Once the Purée function has started, the count-up timer will also be activated and the time will be shown in the digital display window.

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The following table provides a quick reference guide for using the different functions on the appliance.

Quick Reference Guide	
To activate blender	Press 'ON/OFF' button Blender is in 'stand-by'
To begin blending	Press desired speed button 'High' or 'Low'
To change speeds whilst blending	Press desired speed button 'High' or 'Low'
To pulse	Press 'ON/OFF' then press and release 'Pulse' button. Press 'High' or 'Low' as needed
To crush ice	Press 'ON/OFF', then press 'Ice Crush' button and programme will begin. Ice crush programe runs for two 30 second cycles
To stop blending (during a designated function and pause timer)	Press same function key under operation again
To stop blending in pulse	Release function button
To stop blending in ice crush mode	Press 'Ice Crush' button again

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D Using the Blender

- Place the housing base onto a clean, flat, sturdy surface. Assemble the blender (see 'Instructions for Use' section A,B&C) and plug into a suitable mains socket.
- Add all necessary ingredients to the glass jar and replace the lid. You may add more ingredients during blending by lifting the measuring cap in the lid and dropping ingredients through the opening in the lid. Always replace the measuring cap in the lid after adding ingredients, unless blending hot foods.
- Press the 'ON/OFF' button.
- Select the preferred blending setting.
- When blending is complete press 'ON/OFF' button and remove the plug from the mains.
- **ALWAYS REMEMBER:** Do not place hands into blender jar with blender plugged in.
- Boiling liquid or solid frozen food (with the exception of ice cubes or 1.5cm pieces of frozen fruit) should never be placed in the blender.
- Do not place ice, frozen foods or very cold liquids into a blender jar that has come directly from a hot dishwasher.
- Do not place very hot liquids or foods into a blender jar which has come directly from the freezer. Boiling liquids should cool for 5 minutes before being placed in the glass jar.

N.B. Always remove measuring cap when blending hot foods to allow steam to escape.

- Add liquid ingredients first, then follow with solid ingredients. This will provide more consistent blending and prevent unnecessary stress on the motor.
- Occasionally food can stick to sides of the jar or become lodged around the blade assembly. Use a rubber or plastic spatula to dislodge the food and place in the centre of the jar, over the blade assembly.
- **WARNING:** Do not use a spatula until you have turned the blender off.
- Replace the lid and measuring cap and continue blending, if necessary. Never use metal utensils, as this may cause damage to the jar or blade assembly.
- When you have finished blending: Press the 'ON/OFF' button and unplug the blender from the mains outlet.

IMPORTANT: Do not twist the locking collar from the blender jar when removing jar from the housing base. Simply lift blender jar from housing base.

- Do not store food or liquid in the glass jar. Empty and clean thoroughly after use.
- The blender has an advanced thermal resettable fuse feature. If overloaded, the appliance will shut down to protect from overheating. If this happens; to reset the unit, unplug from the mains and let it cool for a minimum of 15 minutes. Then reduce the contents and/or clear any jams. Restart appliance as usual.

Blending Techniques

A Hints and Tips

- Always add liquid ingredients to the glass jar first, then add remaining ingredients. This will ensure that ingredients are blended consistently.
- Cut most foods into cubes approximately 1.5-2.5cm to achieve a more uniform result. Cut all cheese into pieces no larger than 1.5cm.
- Use the measuring cap in the lid to measure liquid ingredients such as alcohol. Always replace after ingredients have been added (unless processing hot food).
- When chopping fresh herbs, garlic, onion, zest, breadcrumbs, nuts, spices etc make sure the glass jar and cutting assembly are completely dry.
- If food tends to stick to the sides of the glass jar when blending, pulse in short bursts.
- Pulses should be short bursts. Space the pulses so the blades stop rotating between pulses.
- Don't over-process foods. This appliance will achieve most desired results in seconds, not minutes.
- When puréeing hot food, e.g. for soup or baby food, strain the solids from the liquid, reserving the liquid. Place the cooked solids in the jar along with 4-8tbsp liquid. Replace lid firmly, remove the measuring cap and blend using a pulse action on 'low', until the desired consistency is reached.
- Allow hot foods to cool slightly before blending to prevent steam build-up which may cause the lid to lift up from the jar. Always remove measuring cap when blending hot food.

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The following table provides a guide for which speeds are appropriate for blending different types of food and the results that can be achieved.

Speed Selection Guide		
Ingredients/Recipe	**Speed**	**Result**
Mayonnaise	Soups & Sauces	Thick & creamy
Salad dressings	Low or Purée	Completely blended and emulsified
Nuts	Pulse High to chop	Coarse to fine
Double/Whipped cream	High	Thick, creamy topping
Bread, biscuits	Low - pulse to break up, then run on Low	Coarse to fine as desired
Grating/chopping citrus zest (add 1 to 2 tsp sugar or salt)	High	Uniformly fine
Smoothies, milkshakes	Smoothie	Smooth, creamy & thick
Baby food/fruit and vegetable purée	Purée	Smooth and creamy
Frozen cocktails	Ice Crush	Thick & Slushy
Hard Cheeses	High - Pulse, then blend	Coarse to fine
Spices	High - Pulse, then blend	Coarse to fine
Ice	Ice Crush, pulse or continuous	Coarse crush to snowy

B For Best Results

Chopping nuts:
Place 100g shelled nuts into the blender jar, replace lid firmly and pulse on 'High' until chopped as desired. For best results chop small amounts, e.g. 100g or less.

Bread, cookie or cracker crumbs:
Break or cut bread, cookies or crackers into pieces, 1.5cm or less in size. For best bread results, use day old bread, drier bread gives better results. Place bread, cookies or cracker pieces in glass jar, replace lid firmly and pulse on 'Low' to chop and then blend continuously until desired texture of crumbs is achieved. For best results, process 100g or less at a time.

Crushing ice:
Add up to 8 standard ice cubes to the jar. Replace lid firmly and press the pre-programmed 'Ice-Crush' button. Timer will sound when complete; then turn blender off.

Grating fresh citrus zest:
For best results, ensure the jar and blade assembly are clean and then dry. Using a vegetable peeler, remove the zest from fruit in strips. Use a sharp knife to remove the bitter white pith from the underside of the zest. Process no more than the equivalent of 1 medium lemon zest at a time. Cut strips in half, add strips to jar along with 1 tsp sugar or coarse salt (from recipe). Replace lid firmly and on 'High' speed, blend for 15 – 20 seconds.

Baby food:
Combine 50g-100g cooked vegetables, fruit or meat with 3-4 tbsp liquid (water, milk, fruit juice, stock or cooking liquid) in the jar. Set on 'Purée' and blend until smooth. Add more liquid as necessary and process until desired consistency is reached.

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Grind hard cheese:

Cut cheese into 1.5cm pieces. Remove any hard rind it may have and place in the jar. Replace lid firmly and pulse on 'High' to chop cheese then blend until desired grind is achieved. For best results, do not process more than 75g cheese at a time.

Grinding Spices:

For best results, ensure the jar and blade assembly are clean and dry. Add 25g-50g spices, seeds or peppercorns to jar. Replace lid firmly and pulse on 'High' to break up and then blend continuously until desired consistency is achieved.

Whipping Cream:

If possible, chill jar and blade assembly for 15 minutes before whipping. Add 275ml double or whipping cream to the jar. Replace lid firmly and set on 'High' and blend until cream is thickened. Take care not to over blend. Consistency will be thick but not fluffy cream, ideal for serving with desserts or coffee.

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Cleaning & Maintenance

- **CAUTION:** Handle the blade assembly carefully as the blades are VERY SHARP. Do not attempt to remove blades from blade assembly.
- Always unplug the appliance from the mains outlet before cleaning.
- Before first use, and after every use, clean each part thoroughly.
- Periodically check all parts before reassembly. **If any part is damaged or jar is chipped or cracked, do not use blender.**
- Remove the jar and blade assembly following 'Instructions for use' section B.
- Empty jar and carefully disassemble parts. Wash blade assembly, rubber seal and locking collar in warm soapy water. Rinse and dry all parts thoroughly.
- You may wish to clean your blade assembly as follows: Squirt a small amount of washing-up liquid into assembled jar unit. Half fill with warm water and blend on 'Low' for 15 seconds. Repeat, using clean tap water.
- Place locking collar in the upper rack of dishwasher or wash in warm water.
- Remove the blender jar lid and the measuring cap, and wash in warm, soapy water; rinse and dry thoroughly. Do not clean lid or rubber seal in a dishwasher, they are not dishwasher proof.
- The glass jar must be washed in warm soapy water and rinsed and dried thoroughly. The glass jar can also be placed upside down in dishwasher.
- Finally, wipe the motor base clean with a damp cloth to remove any residue, and dry thoroughly. Do not use abrasive cleaners on the housing base. Apply any cleaning agent to the cloth, not the base.
- Never submerge the motor base in water or other liquid, or place in a dishwasher.

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UK Guarantee

- This Cuisinart appliance is guaranteed for domestic consumer use for 5 years.
- The guarantee covers defects under normal use from date of purchase and ceases to be valid in the event of alteration or repair by unauthorized persons.
- If the appliance does not perform satisfactorily due to defects of material or manufacture, it will be repaired or replaced by the manufacturer (see 'UK After Sales Service' section for details).
- This guarantee is only valid in the United Kingdom (including Northern Ireland, Republic of Ireland, the Channel Islands and the Isle of Man).
- No responsibility will be accepted for any damage caused in transit.
- A charge may be made if goods are returned outside the relevant guarantee period or if the product is returned unnecessarily.
- The manufacturer reserves the right to amend terms and specifications without prior notice.
- This guarantee in no way affects your statutory rights.

UK After Sales Service

For further advice on using your Cuisinart Power Blender and other products in the Cuisinart range, contact the Cuisinart Customer Care Line on 0870 240 6902 (09:00 to 17:00 hrs Monday to Friday) or, alternatively, email your enquiry to support@cuisinart.co.uk.

In Guarantee
Return the product to the Cuisinart Service Centre at the following address:

Cuisinart Service Centre
P.O. Box 506
WIGAN
WN1 9AA

Enclose your name and address, together with proof of purchase and details of the fault.
Cuisinart will either repair or replace the product, as appropriate.

Out of Guarantee
Contact the Cuisinart Customer Care Line on 0870 240 6902 (09:00 to 17:00 hrs Monday to Friday) or, alternatively, email your enquiry to support@cuisinart.co.uk for details of the standard repair or replacement charge. If you wish to proceed with the repair or replacement, return the product to the Cuisinart Service Centre at the following address:

Cuisinart Service Centre
P.O. Box 506
WIGAN
WN1 9AA

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Berry Protein Smoothie

Serves 6

125ml soy milk
1kg mixed berries (fresh and/or frozen, thawed)
2 tablespoons flax seed meal
3 tablespoons protein powder
1 banana, cut into 2.5cm pieces

- Place all ingredients in the order listed, in the glass jar of the blender.
- Cover and set on the smoothies pre-set programme.
- Once the programme is complete, turn the power off and serve.

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Summertime Cooler

Serves 5

55ml fresh lime juice
1 cucumber, peeled and seeded, cut into 2cm pieces
800g seedless watermelon, cut into 2.5cm pieces
15g fresh mint leaves

- Place all the ingredients in the glass jar in the order listed.
- Cover and run the Smoothie pre-set programme.
- Turn the power off and serve.

Frozen Margarita

Serves 7

55ml fresh lime juice
300ml tequila
250ml Triple Sec
60ml simple syrup*
7-10 ice cubes

- Place all the ingredients in the glass jar in the order listed.
- Cover and run on the Ice Crush function for 35 seconds.
- Turn the blender off and serve immediately.

*Simple syrup is sugar dissolved in water. To make, place equal parts water and granulated sugar in a saucepan and set over medium-low heat. Syrup is done once the sugar has dissolved. Cool completely before using.

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Frozen Daiquiri

Serves 4

Juice ½ lime
250ml rum
4 tsp sugar
6-10 ice cubes

- Place all the ingredients in the glass jar in the order listed.
- Fit the lid and run on the Ice Crush function for 25 seconds.
- Turn the power off and serve immediately.

Mint Chocolate Chip Ice Cream Shake

Serves 4

250ml whole milk
900g mint chocolate chip ice cream
3 tablespoons chocolate sauce

- Place all the ingredients in the glass jar in the order listed.
- Fit the lid and run on 'Low' for 30 seconds.
- Turn the power off and serve immediately.

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Fresh Tomato and Corn Salsa

4 cloves of garlic
1 medium onion, cut into 2.5cm pieces
2 small jalapenos, seeded and cut into 2cm pieces
4 spring onions, cut into 2.5cm pieces
200g fresh coriander
2 tablespoons fresh lime juice, divided
1 teaspoon sea salt, divided
½ teaspoon freshly ground black pepper
½ teaspoon chili powder
6 small to medium tomatoes, cut into 2.5cm pieces
240g frozen corn kernels, not defrosted

- Place the garlic in the glass jar of the blender and pulse on 'Low' for about 5 times, or until roughly chopped; scrape side of jar.
- Add the onion, jalapenos, spring onions, coriander, 1 tablespoon lime juice, ½ teaspoon salt, pepper, chili powder and tomatoes. Pulse on Low an additional 4 times.
- Deactivate the Pulse mode and run on the Soup & Sauces function for 20 to 22 seconds.
- Strain the mixture through a fine mesh strainer to remove excess liquid.
- Pour the strained salsa into a medium mixing bowl and stir in the remaining lime juice, salt and corn.
- Adjust seasoning to taste. Serve with warm tortilla chips.

Sun-Dried Tomato, Garlic and Herb Cheese Spread

3 sun-dried tomatoes
2 cloves of garlic, peeled
125ml boiling water
3 spring onions, trimmed and cut into 1.5cm pieces
200g low fat cream cheese
125g cottage cheese
2 tsp herb de Provence

- Place the sun-dried tomatoes and garlic in a small bowl and cover with the boiling water, leave to stand for 5 minutes. Drain, reserving soaking liquid and place tomatoes and garlic in the glass jar. Fit the lid and pulse on Low 10 times, then set on for 15 seconds.
- Add the spring onions and pulse on low 10 times.
- Add remaining ingredients in order listed. Fit the lid and blend using the 'High' setting, for 10-15 seconds. Scrape glass jar as needed.
- Add 1-2 tsp of reserved liquid if mixture seems thick. Blend for an additional 15-20 seconds, or until the mixture is smooth and creamy.
- Allow to stand for 30 minutes before serving to allow flavours to develop. Place in a bowl, cover before refrigerating. Serve with crudités, in sandwiches or as a topping for baked potatoes.

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Chilled Gazpacho

Serves 8

1-2 cloves of garlic, peeled
750ml tomato juice
1 large stick celery, cut into 2.5cm pieces
1 cucumber peeled, halved lenthways, deseeded and cut into 2.5cm pieces
½ medium green pepper, cored, deseeded and cut into 2.5cm pieces
½ medium red chilli, cored, deseeded and cut into 2.5cm pieces
6 spring onions, trimmed and cut into 2.5cm pieces
4 medium tomatoes, cored deseeded and cut into 2.5cm pieces
3 tbsp sherry vinegar or lemon juice
Salt and freshly ground black pepper

- Place garlic in the glass jar, fit lid, and pulse 10 times to chop.
- Add 250ml tomato juice to the jar, along with the celery, cucumber, green and red peppers, chilli and spring onions. Run on Soup & Sauces for 6 seconds. Transfer to a large serving bowl.
- Add remaining tomato juice to the glass jar with fresh tomatoes and run on the Soup & Sauces function for an additional 2 minutes or until completely smooth.
- Add to the bowl of vegetables, with sherry or lemon juice and season with salt and freshly ground black pepper. Stir well and chill before serving.

Roasted Red Pepper Soup

8 red peppers, seeded
½ tablespoon unsalted butter
8 garlic cloves, roughly chopped
1 large shallot, roughly chopped
¼ medium onion, roughly chopped
2 tablespoons sherry
700ml chicken stock
½ tablespoon fresh thyme
1 teaspoon white balsamic vinegar
½ tablespoon granulated sugar
¼ teaspoon sea salt
¼ teaspoon freshly ground black pepper

- Flatten the seeded peppers and lay on foil paper and place on the top rack in your oven, grill until the peppers are just blackened.
- Remove, place in a mixing bowl and cover.
- While the peppers are roasting, put the butter in a medium saucepan set over a medium heat. Once the butter has melted, add the garlic, shallot and onion. Cook until softened and just brown.
- Deglaze the pan by adding the sherry to the saucepan and cook until reduced by half. Add the stock and raise the heat to medium high. Bring the stock just to a boil.
- Carefully take the skins off the roasted peppers; cut into quarters.
- Place in the jar of the Cuisinart Power Blender.
- Add the broth mixture and the remaining ingredients. Run on the Soup & Sauces function for 1 ½ minutes, or until completely smooth.

Cuisinart®

Creamy Potato and Leek Soup

Serves 6

25g unsalted butter
2 medium leeks, washed, sliced horizontally and cut into 1.5cm pieces
1 small onion, peeled and cut into 1.5 pieces
½ tsp thyme
2 medium russet potatoes, peeled and cut into 1.5cm pieces
300ml chicken stock
175ml water
Salt and freshly ground black pepper
100ml single cream

- Melt the butter in a large saucepan over a medium heat. Add the leeks, onion and thyme and cook for 3-5 minutes, or until softened.
- Add potatoes, stock and water, cover and bring to the boil over a medium-high heat, reduce the heat and simmer uncovered for 10-15 minutes, or until the potatoes are soft.
- Drain the vegetables, reserving the cooking liquid. Place the vegetables in the glass jar with 250ml cooking liquid. Fit the lid, remove the cap and blend using the 'High' setting for 20-30 seconds.
- Scrape the blender and blend for 10-15 seconds until the mixture is completely puréed and creamy.
- Stir the vegetable purée into the stock in the saucepan, season well, add the cream and reheat over a medium-low heat. Serve warm with fresh crusty bread.

Two Pepper Houmous

2-3 cloves of garlic, peeled
2-3 dried red chillies
Zest of ½ lemon, pith removed
2 tsp ground cumin
1 tsp thyme
4 tbsp fresh lemon juice
2 tbsp water
2 roasted red peppers, cut into 2.5cm
225g canned chick peas, drained, rinsed and drained again
2 tbsp Tahini
¼ tsp Tabasco sauce
1 ½ tbsp extra virgin olive oil
Salt to taste

- Place the garlic cloves, chillies and lemon zest in the blender. Fit the lid, and set on pulse for 10-12 seconds.
- Scrape the sides of the glass jar and add the cumin, thyme and salt, fit lid and blend for 10 seconds.
- Scrape the sides of the jar and add the lemon juice, water, peppers, chickpeas, tahini and tabasco. Fit the lid and blend for 40 seconds; scrape the sides of the jar if necessary.
- Remove the cap from the lid and add the oil in a steady stream through the lid whilst blending for 20 seconds.
- Transfer the houmous to a bowl and allow to stand for 30 minutes before serving to allow flavours to develop. Serve with pita bread wedges or in sandwiches.

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Sun-Dried Tomato and Basil Pesto

470ml extra virgin olive oil
6 garlic cloves
450g sun-dried tomatoes (packed in oil)
230g fresh basil leaves
¼ teaspoon freshly ground black pepper
60g grated Pecorino Romano
¼ teaspoon sea salt
2 tablespoons white vinegar

- Place all ingredients in the order listed, in the jar of the blender.
- Run on High for 2 ½ minutes, or until desired consistency is achieved.
- Adjust seasonings to taste and serve.

Cracked Pepper Parmesan Dressing

2 tsp whole black peppercorns
25g parmesan, cut into 1.5cm pieces
1 shallot, peeled and cut into 1.5cm pieces
1 clove of garlic, peeled and crushed
Pinch of salt
1 tbsp Dijon-style mustard
¼ tsp Worcestershire sauce
2 tbsp mayonnaise
4 tbsp wine vinegar
4 tbsp extra virgin olive oil
4 tbsp vegetable oil

- Place the whole peppercorns in the glass jar. Fit the lid and blend using the 'High' setting for 10 seconds. Remove and reserve.
- Place the parmesan in the jar, fit the lid and blend for 20 seconds. Scrape the sides of the blender and add shallot, garlic and salt. Fit the lid and blend for another 10 seconds.
- Scrape the sides of the glass jar, add the remaining ingredients in order listed. Fit the lid and blend for 10 seconds. Add the reserved black pepper, blend for 5 seconds.
- Transfer dressing to a bowl, cover and refrigerate for 30 minutes to allow flavours to develop before serving.

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Raspberry-Orange Sauce

1 tablespoon orange juice
1 tablespoon water
900g fresh or frozen raspberries, thawed
3 tablespoons plus 1 teaspoon granulated sugar
1 teaspoon orange zest
Pinch of salt

Place all the ingredients in the order listed, in the jar of the blender. Run on Purée function for 1 ½ minutes. Strain through a fine mesh strainer.

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Chocolate Sauce

100g dark chocolate, broken into 1.5cm pieces
100g milk chocolate, broken into 1.5cm pieces
2 tbsp sugar
125ml skimmed milk, heated until just bubbling at the edges
½ tsp vanilla essence

- Place the chocolate in the glass jar, fit lid and pulse for 10 seconds to chop the chocolate. Add the sugar and blend to mix, approximately 20 seconds.
- Remove the cap from the lid, and with the blender running pour the hot milk slowly through the lid and blend until the chocolate is melted and smooth, approximately 1 minute.
- Add the vanilla and blend for a further 10 seconds to combine. Serve warm, poured over a dessert of your choice.

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G IB-9/336

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Fold Size:	185mmX185mm 40pp Saddle Stitiched
Material:	157gsm both side artpaper
Coating:	Waterbase varnishing on both side for whole book
Color (Front):	1C(BK)
(Back):	1C(BK)
Date:	Aug-28-2009 Co-ordinator : /

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Color Series:	Non Operator : HAI
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